

AR & LE

Winter 2017



Friday | January 6 | 7:00 to 9:00 pm

Movies & Munchies Combined with Dance Your Socks Off!

Dance details on page 5.

Adaptive Recreation and Learning Exchange partnership (AR&LE) offers recreation, leisure and community education opportunities specifically designed to meet the needs of people with disabilities in the cities of Bloomington, Eden Prairie, Edina and Richfield.



Adaptive Recreation and Learning Exchange

Serving Bloomington, Eden Prairie, Edina & Richfield

WELCOME!

We would like to extend the invitation for you to take part in the variety of programs offered through the Adaptive Recreation & Learning Exchange Partnership (AR&LE). The information provided here should give you a closer look and better understanding of how our program works and where to acquire additional information that you may need. For over 30 years the Adaptive Recreation and Learning Exchange (AR&LE) has been a leader in providing options for people with disabilities to participate in programs and activities that are specifically designed to meet their diverse needs.

WHAT IS AR&LE?

AR&LE is made up of two parts - Adaptive Recreation "AR" and Learning Exchange "LE".

- **Adaptive Recreation:** The cities of Bloomington, Eden Prairie, Edina and Richfield each have programs that are specifically designed for people of all ages with disabilities including; softball, bowling, swimming lessons, fitness programs, skiing/snowboarding, golf, as well as a number of social programs for both youth and adults.
- **Learning Exchange:** The school districts of Bloomington, Edina, Eden Prairie and Richfield Community Education Adults with Disabilities programs are working together to offer customized classes for adults with developmental and/or physical disabilities. Classes include cooking, independent living skills, health and fitness, and other leisure learning activities.

PROGRAM CATALOG

AR&LE publishes a program catalog three times a year with descriptions of all programs to be offered for the upcoming season. This is sent out to all the participants and professionals who are on our mailing list.

Electronic copies of the current AR&LE program catalog are available via the Internet at: www.BloomingtonMN.gov, and enter keywords "Adaptive Recreation" in the search engine.

PROFILES

In order to be on our mailing list, each person must complete a profile. Individuals with disabilities who participate in AR&LE programs should fill out a Participant profile. With the completed profile, the information is then available to the program staff so that they can be aware of any health, medical and special needs issues that pertain to the participant. Those individuals who provide support to, or work with the participant, should complete a Professional profile. After requesting a profile from any of the AR&LE staff or filling out and printing an online copy from www.BloomingtonMN.gov, return the completed profile to the address below or scan and email to parkserv@BloomingtonMN.gov.

Bloomington Parks & Recreation
Attn: Mara
1800 West Old Shakopee Road
Bloomington, MN 55431

PROGRAM FEES AND REGISTRATION

The fees to register for AR&LE programs vary. Some are broken into Resident and Nonresident amounts. A Resident is anyone living in the four cities of Bloomington, Eden Prairie, Edina, or Richfield. Nonresidents are considered to be those living outside of these cities. If a nonresident fee is charged, the difference is minimal.

REFUND POLICY

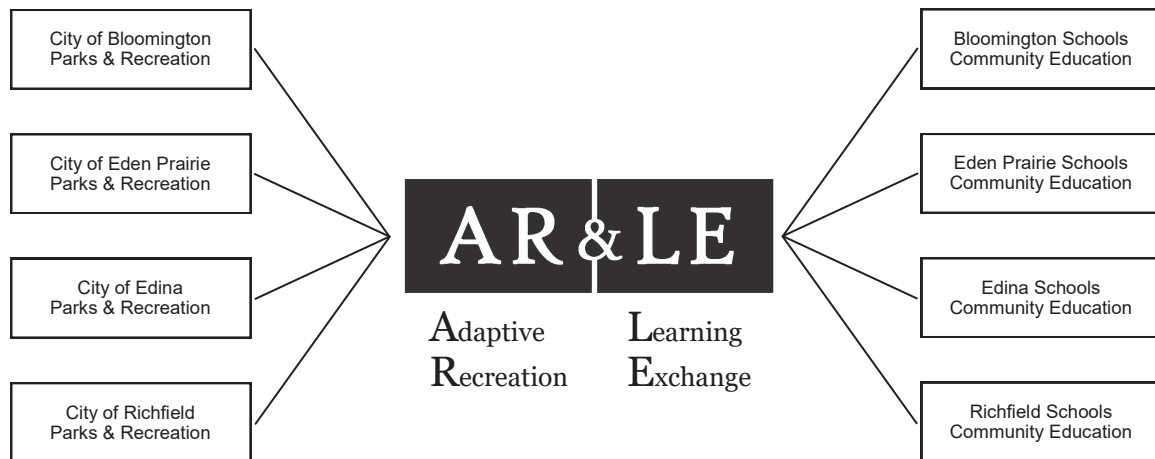
Each city reserves the right to implement their own refund policy.

The Cities of Bloomington, Eden Prairie, Edina and Richfield do not discriminate on the basis of disability in the admission or access to, or treatment or employment in, its services, programs, or activities. Upon request, accommodation will be provided to allow individuals with disabilities to participate in all services, programs, and activities. This information can be available in alternate formats, upon request.

THE STAFF

The supervisory staff responsible for the planning and implementation of all the adaptive recreation programs have many years of experience in the Adaptive Recreation field. Their program staff are also highly skilled and dedicated individuals with professional and educational backgrounds in human services fields.

Working together, the Community Education directors from the school districts of Bloomington, Eden Prairie, Edina and Richfield employ a Coordinator for the Learning Exchange. Under the direction of the Learning Exchange Coordinator, professional instructors teach the Learning Exchange classes with the assistance of talented and trained volunteers.



CONTACT INFORMATION

Bloomington Adaptive Recreation

- Jackie Doncavage - Recreation Supervisor, Adaptive: 952-563-8877 (tty: 952-563-8740)
jdoncavage@BloomingtonMN.gov
- Jenna Smith - Recreation Supervisor, Inclusion: 952-563-8891
jmsmith@BloomingtonMN.gov

Eden Prairie Adaptive Recreation

- Nicole Weedman - Sr. Recreation Supervisor, Youth and Therapeutic Recreation: 952-949-8456
nweedman@edenprairie.org

Edina Adaptive Recreation

- Amanda Clarke - Recreation Supervisor: 952-826-0433 (tty: 952-826-0379)
aclarke@EdinaMN.gov

Richfield Adaptive Recreation

- Ann Jindra - Recreation Supervisor: 612-861-9361 (MN Relay Service at 711)
ajindra@cityofrichfield.org

Learning Exchange

- Janet Clarke - Learning Exchange Coordinator: 952-681-6121 (MN Relay Service at 711)
jclarke@isd271.org
- Judy Stelmazek - Learning Exchange Program Secretary: 952-681-6109
jstelmazek@isd271.org



TRAIL is a Minnesota nonprofit providing transportation for adults with developmental disabilities living in Bloomington, Eden Prairie, Edina and Richfield, allowing them to attend customized recreation and leisure programs offered by AR&LE. Through donations and fundraising TRAIL subsidizes the cost of transportation; as a result, riders pay a nominal fee for their rides. Programs with this bus symbol have TRAIL available. To learn more or to make a donation, go to www.ridetrail.org, call Michelle at 612-401-6395, or email ridetrail@msn.com. ***The current AR&LE catalog is available at www.ridetrail.org under "resources".***

PERSONAL PROGRAM CHART

Use the chart below to keep track of your registered programs! If you don't want to cut out the registration forms, an electronic copy of the current AR&LE program catalog is available via the Internet at: www.BloomingtonMN.gov and enter keywords "Adaptive Recreation" in the search engine.

Day	Date/Time	Program	Location
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			



Jackie Doncavage - Recreation Supervisor (Adaptive)
 Phone: 952-563-8877 TTY: 952-563-8740
 Email: jdoncavage@BloomingtonMN.gov
 Jenna Smith - Recreation Supervisor (Inclusion)
 Phone: 952-563- 8891 TTY: 952-563-8740
 Email: jmsmith@BloomingtonMN.gov
 Address: 1800 W. Old Shakopee Road, Bloomington 55431
 Website: www.BloomingtonMN.gov



DANCE/SING ALONG MOVIE - ADULTS 18+ MOVIES & MUNCHIES COMBINED WITH DANCE YOUR SOCKS OFF!

Friday, January 6, 2017 | 7:00 to 9:00 pm

"Grease" - Roll up your jeans and put on your poodle skirts! Join the T-Birds and Pink Ladies for a musical trip back to the 50's! Sing and dance along or just sit back and relax. Rated PG13.

- Location:** City of Bloomington | Center for the Arts
 1800 W. Old Shakopee Road | Bloomington, MN 55431
 Enter through Art Center doors (on north end of building).
- Cost:** \$6.00 per person (includes snack and beverage).
 Support staff admitted free of charge and can purchase beverages for \$1.00.
- Register by:** **SPACE IS LIMITED! You must pre-register to reserve your spot by January 3, 2017 by calling 952-563-8877.**
- TRAIL:** TRAIL riders must request TRAIL by noon on January 3, 2017 by calling 952-563-8877. Minimum of four riders required.



DANCE YOUR SOCKS OFF! - ADULTS 18+ Music by Generations A to Z!

Put on your dancing shoes and get ready to boogie! ***Door prizes will be given out near the end of each dance. MUST BE PRESENT TO WIN!*** Individuals requiring assistance during dances must bring their own support person. Don't miss out on these fun events!

Valentine's Dance | February 17, 2017
 Celebrate Valentine's Day with your sweethearts at DYSO!

St. Patrick's Dance | March 17, 2017
 Wear green and celebrate St. Patrick's Day with us!

80's Night | April 21, 2017
 Dance to music from the decade that brought us big hair, boom boxes, and breakdancing!

- Time:** 7:00-9:00 pm
- Location:** Valley View Middle School
 8900 Portland Avenue South, Bloomington
 *Parking is available on the West side (back) of the building. Enter through door 15 on the North end.
- Cost:** \$6.00 (includes one beverage) | Support staff admitted free and can purchases beverages for \$1.00.
- TRAIL:** TRAIL riders must request TRAIL by noon the Monday before each dance by calling 952-563-8877. Minimum of four riders required.



Looking for registration forms or want to pre-register for our programs? Go online to www.BloomingtonMN.gov (keyword: arle dance) or contact us at 952-563-8877.



Nicole Weedman - Sr. Recreation Supervisor,
Youth and Therapeutic Recreation
Eden Prairie Parks and Recreation
Phone: 952-949-8456
Email: nweedman@edenprairie.org
Address: 8080 Mitchell Road, Eden Prairie 55344
Website: www.edenprairie.org

ACCESS FOR ALL

Adaptive recreation programs are designed for individuals with disabilities. **Staff to participant ratio is 1:3.** Participants should independently demonstrate the following skills:

- Ability to follow the program schedule and adapt to change in routine with minimal prompting
- Willingness to try new activities and adjust to a variety of settings
- Communicate needs and wants
- Ability to dress oneself and use the restroom

If support is needed with one of these skills, then a personal support staff (PSS) must accompany the participant.

If a PSS will be attending the program, please inform Nicole Weedman, Sr. Recreation Supervisor, Youth and Therapeutic Recreation, at nweedman@edenprairie.org or 952-949-8456.

FUN WITH FITNESS - AGES 12-25

A low-impact fitness class designed to enhance range of motion, strength and endurance. Register and bring a parent, sibling, or PSS at no cost and workout together.

Dates: Wednesdays | January 25 - March 1, 2017
Time: 5:35 - 6:30 pm
Location: Eden Prairie Community Center Room 201
Cost/Register: \$55 | Registration deadline is 7 days prior to class | maximum 10
Code: #155202-03

Dates: Saturdays | January 28 - March 4, 2017
Time: 10:35 - 11:30 am
Location: Eden Prairie Community Center Room 201
Cost/Register: \$55 | Registration deadline is 7 days prior to class | maximum 10
Code: #155202-02



SHOP 'TIL YOU DROP - AGES 12-25

Bring any amount of money and do some holiday shopping for a friend, family member or someone in need. Drop off and pickup at Eden Prairie Center at the southeast entrance between Potbelly and Sears.

Date: Sunday | December 11
Time: 1:00 - 3:00 pm
Location: Eden Prairie Center Southeast Entrance
Cost/Register: \$28 | Registration deadline is Friday, Dec 2 | maximum 8
Code: #455210-02



CLUB 204 - AGES 12-24

Hang out with friends after school and unwind through sensory activities, fitness, and games! Transportation is provided for participants coming from the Eden Prairie High School and Central Middle School.

Dates: Thursday & Friday | February 2 - March 17
Time: 2:30 - 5:00 pm
Location: Eden Prairie Community Center 203
Cost/Register: \$200 | Registration deadline is ten days prior to start of program maximum 10
Code: #155204-01

Dates: Thursday & Friday | April 13 - May 19
Time: 2:30 - 5:00 pm
Location: Eden Prairie Community Center 203
Cost/Register: \$200 | Registration deadline is ten days prior to start of program maximum 10
Code: #155204-02



EDEN PRAIRIE REGISTRATION NOW ONLINE!

Access Eden Prairie online registration system at edenprairie.org/register. If you have not participated in a program offered by Eden Prairie's Adaptive Recreation, you will need to create an account. Simply click on "Create an Account" and enter all the required information. Add family members, additional contact information such as your email and participant's birthdate. You can enter the code number and go directly to the program. Add programs to your cart, and pay with Discover, Visa, or MasterCard. Need some assistance, call the Community Center at 952-949-8470. Registration begins Wednesday, November 30, 2016.



Amanda Clarke - Recreation Supervisor
 Edina Parks and Recreation
 Phone: 952-826-0433
 TTY: 952-826-0379
 Email: aclarke@EdinaMN.gov
 Address: 4801 W. 50th Street, Edina 55424
 Website: www.EdinaParks.com

WINTER BOWLING CLUB - AGES 7-21

Bowling is fun! Come learn to bowl or enhance your skills. Have fun being part of the team, making new friends and meeting up with your club. Teams will be arranged by age. VOLUNTEER support is welcome!

Date: Saturdays
 January 21 - March 18
Time: 12:15 - 1:45 pm
Location: Brunswick Eden Prairie Lanes
 12200 Singletree Lane, Eden Prairie
Cost: \$100/session for residents
 \$105/session for nonresidents
Register by: January 3 | minimum 6, maximum 20



WINTER GOLF LESSONS

Head over to Braemar Golf Dome to get ready for Golf. This program will review golf etiquette, basic skills and rules. Have fun in a laid back atmosphere with other golfers. Ages 11 and up welcome.

Dates: Tuesdays | January 24 - February 28
Time: 6:45 - 7:45 pm
Location: Braemar Golf Dome
 7420 Braemar Boulevard
Cost: \$75 resident | \$80 nonresident
Register by: January 8 | minimum 6, maximum 15



GET FIT VALUE PASS

AR&LE participants can use the indoor track at Edinborough Park at a reduced price. Purchase a Get Fit Value Pass for \$25.00 for 10 admissions to the walking track (only). Edinborough is located at 7700 York Avenue South. Bring your pass when you walk.

One family member or personal support staff can attend for free. Participants must provide their own supervision while using the track.

Purchase passes in person at the Edinborough Park office at 7700 York Avenue South, Edina. Telephone 952-833-9540.



Edina Registration Form

Participant Name	Home Phone	Cell Phone	E-mail	Age
Address/City		Apt. #	Zip Code	Birth Date
Special Information: Will PCA or Staff Attend with participant? <input type="checkbox"/> Yes <input type="checkbox"/> No		Dietary needs/allergies:		
In order to participate in AR&LE programs, participants <u>must</u> have a completed Participant Profile on file. For more information see page 2 of this catalog				
Parent/Guardian	Home Phone	Cell Phone	E-mail	
<p>THE DATA PRACTICES ACT requires that we inform you of your rights about the private data we are requesting on this form. Private data is available to you, but not to the public. This information can be shared with the Recreation and Learning Exchange staff of the Cities and School Districts of Bloomington, Edina, Eden Prairie, Richfield and TRAIL. You can withhold this data, but we may not be able to complete your registration and/or you may not receive updated program information. Your signature on this form indicates you understand these rights.</p> <p>WAIVER: I, the undersigned, understand that my participation in this activity or program is completely voluntary and that the activity or program being offered is for the benefit of the participant. The City shall not be liable for any claims, injuries, or damages, of whatever nature, incurred by the participant which are directly or indirectly attributable to the negligence, whether passive or active, of the City, its agents or employees, arising out of, or in connection with, the activity or program. On behalf of the participant and myself, I expressly release and discharge the City, its agents or employees from any such claims, injuries, or damages.</p>				
Participant or Parent/Guardian Signature _____		Date _____		
R= Resident, NR=Nonresident <div style="text-align: center;"> <u>R</u> <u>NR</u> <u>TRAIL</u> </div> Winter Bowling Club, Jan 21-Mar 18 ----- <input type="checkbox"/> \$100 <input type="checkbox"/> \$105 Winter Golf Lessons, Jan 24-Feb 28 ----- <input type="checkbox"/> \$75 <input type="checkbox"/> \$80 <input type="checkbox"/>		Mail completed form and check payable to the City of Edina to: Edina Parks and Recreation 4801 W 50 th Street Edina MN 55424		
TOTAL FEE(S) PAID: \$ _____				
Credit Card Information _____ Exp. Date _____				



Ann Jindra - Recreation Supervisor
Richfield Recreation Services

Phone: 612-861-9361

TTY: 711 (Minnesota Relay Service)

Email: ajindra@cityofrichfield.org

Address: 7000 Nicollet Avenue South, Richfield 55423

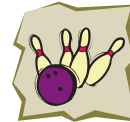
Website: www.cityofrichfield.org



ADULT LEAGUE BOWLING

Only a few spots are left, call Ann to check availability.

Date/Time: Saturdays | 9:20 am - 11:45 am
January 21 - March 18, 2017 (March 25 make-up)
Location: Brunswick Zone Eden Prairie Lanes | 12200 Singletree Lane



DOWNHILL SKI LESSONS/SNOWBOARD LESSONS/SKI CLUB

This six week program is for individuals seven and older with the ability to stand up while learning to ski or snowboard. Volunteer to participant ratio 1:1. Ski Club members must be referred by ski lesson staff and be able to ski independently. Students with mobility impairments are referred to Courage Alpine Skiers. Experienced skiers & snowboarders are needed as volunteers!

Date/Time: Thursdays | January 12 - February 16, 2017 (make-up February 23) | 6:30 pm - 8:45 pm
Location: Hyland Ski & Snowboard Area | 8800 Chalet Road, Bloomington
Cost: If you have your own equipment: \$150 resident, \$160 nonresident
If you need to rent equipment: \$170 resident, \$180 nonresident
Register by: Deadline December 2. Maximum 40 students for ski lessons | maximum 25 students for snowboard lessons | maximum 20 participants in ski club



CARDIO FITNESS

Stay in great shape with an aerobic exercise program improving your overall fitness level.
Please wear workout shoes and clothes. Register early, spaces fill quickly.

Who: Adults 18 and older who can be safely supervised by 1 staff person per 25 participants and follow simple choreography.
Dates: Mondays and Wednesdays | January 9 - March 13, 2017
(Make-up March 15. No class Mondays, Jan 16 & Feb 20)
Time: 7:00 - 8:00 pm
Location: Richfield Community Center | 7000 Nicollet Avenue South
Cost: 2 days per week | \$48 resident, \$52 nonresident
1 day per week | \$24 resident, \$26 nonresident
Please indicate Monday and/or Wednesday on registration form!
***TRAIL is available on Wednesdays for Winter Cardio!**
Minimum of five riders and maximum twenty riders.
Register by: January 3 | minimum 10 per night, maximum 25 per night



MOVIES AND MUNCHIES

Meet new people, visit with friends, and enjoy a movie on the big screen!

Who: Adults 18 and older. Support staff are asked to assist clients as needed.
Dates/Time: Fridays | 7:00 - 9:00 pm
Jan 6 ***Grease*** (Joined with ***Dance Your Socks Off***, at the Bloomington Civic Center. \$6/participant for January program.
Must register with Bloomington page 5.)
Feb 3 ***Finding Dory***
Mar 3 ***The Secret Life of Pets***
Location: Richfield Community Center | 7000 Nicollet Avenue South
Cost: \$5 per movie **payable at the door**. This is to cover the cost of your munchies.
Staff/assistants are invited to attend free of charge.
\$6/participant for January program. Must register with Bloomington page 5.
Register by: Movies and Munchies is a drop-in program but prior registration is appreciated by calling 612-861-9385. TRAIL riders: Call by 12:00 pm the Tuesday before each movie to register or check the box on the registration form. | maximum 50





GOOD HAPPENINGS

Good Happenings is a social club for adults 22 and older who enjoy participating in recreational activities and events with a group of friends. Activities are listed below. Sign up for all or select just a few of the activities offered!

Annual Holiday Party – Celebrate the Holidays with your GH friends! We will have a yummy holiday dinner and plan the dice game to win fun gifts! Registration deadline: Dec 14 | max 40

Date: Tue, Dec 20 Time: 6:45-8:30 pm Location: Richfield Community Center Cost: \$22
Staff cost: \$8 for dinner

Winter Luau Party – Aloha! Break out your Hawaiian shirt and dust off your grass skirt as we celebrate winter the tropical way! We will limbo, do the hula dance and drink tropical drinks. Please eat dinner beforehand. Registration deadline: January 13 | max 40

Date: Fri, Jan 20 Time: 7:00-8:30 pm Location: Richfield Community Center Cost: \$10
Staff cost: \$0 - please note if attending!

Super Bowl XLIX – Watch the 51st Super Bowl on the BIG SCREEN with your friends! There will be game day treats to munch on while watching the biggest game of the year! Registration deadline: January 30 | max 40

Date: Sun, Feb 5 Time: 5:15-8:45 pm Location: Richfield Community Center Cost: \$15
Staff cost: \$7 for food

Fat Lorenzo's – Enjoy pizza and pasta at Fat Lorenzo's! Fat Lorenzo's is known for their fabulous Italian food and has a new location in Bloomington! Registration deadline: February 15 | min 15, max 40

Date: Tues, Feb 21 Time: 6:45-8:15 pm Location: Fat Lorenzo's (inside the Everett McClay VFW Post) Cost: \$18
311 W. 84th St., Bloomington Staff cost: \$13 for dinner

Bingo Palooza! – Calling all Bingo lovers! Join us for an exciting night of playing Bingo and winning cool prizes! Who knows, you may even win the Grand Prize! Drinks served, please eat dinner before coming. Registration deadline: Mar 3 | min 15, max 40

Date: Fri, Mar 10 Time: 7:00-8:30 pm Location: Richfield Community Center Cost: \$10
Staff cost: \$0 - please note if attending!

Richfield Registration Form

Participant Name	Home Phone	Cell Phone	E-mail	Age																																																
Address/City		Apt #	Zip Code	Birth Date																																																
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TOTAL FEE(S) PAID: \$ _____																																																				
Credit Card Information _____	Exp. Date _____																																																			



Learning Exchange

Janet Clarke - Coordinator

Learning Exchange

Phone: 952-681-6121 TTY: 711 (Minnesota Relay Service)

Email: jclarke@isd271.org

Judy Stelmazek - Learning Exchange Program Secretary

Phone: 952-681-6109

Email: jstelmazek@isd271.org

Address: 2575 West 88th Street, Bloomington 55431

Website: www.bloomington.k12.mn.us

Learning Exchange classes are for adults, 18 years and older.

On-line Registration Site and Web Site: For on-line registration, go to br.thatscommunityed.com and create an account. Or link from our web page at bloomington.k12.mn.us and click on *Community Services*, then *Adults with Disabilities*, then *Register for Classes*.

Personal Leisure and Healthy Lifestyles



OVERCOMING DISAPPOINTMENT

Everyone experiences disappointments at different times in their lives. Let's look at what to do when disappointment happens so we don't let it ruin our days. We'll find out ways to: identify what disappointed us, talk ourselves through the situation; and find hope. You'll have fun at this class led by Tom Colbert, a licensed psychologist.

Date/Time: Thursday | February 2 | 7:00 - 8:15 pm

Location: Metro South/Bloomington Community Ed, room 237 | 2575 W. 88th Street, Bloomington

Cost: \$10 | checks payable to **ISD 271**

Register by: January 26 | minimum 6, maximum 20



CULTURE CLUB: AMAZING GREECE

Come celebrate all things Greek! Greek culture is more than "My Big Fat Greek Wedding." We'll have people of Greek heritage sharing about the food, dance and culture of Greece, from history and from current times. Taste a delicious Greek dessert, try a Greek dance, see amazing landscapes and more!

Date/Time: Thursday | February 9 | 7:00 - 8:15 pm

Location: Metro South/Bloomington Community Ed, room 237 | 2575 W. 88th Street, Bloomington

Cost: \$12 | checks payable to **ISD 271**

Register by: January 26 | minimum 6, maximum 16



KARAOKE AND DANCE: BEAT THE WINTER BLUES!

Winter can seem long. If you "Can't Stop the Feeling," it's time to "Shake It Off!" Come sing and dance to some of your favorite tunes, new and old. We'll sing in groups small and large. There might even be a dance circle if you want to show off your best moves! Bottled water and simple snacks provided.

Date/Time: Sunday | February 26 | 2:30 - 4:00 pm

Location: Edina Senior Center | 5280 Grandview Square, Edina

Cost: \$12 | checks payable to **ISD 271**

Register by: February 13 | minimum 6, maximum 40



OCEANS WHERE DORY LIVED!

You've loved the movies about Nemo and Dory; find out more about the ocean depths where they lived. Discover other extraordinary creatures that have adapted to the deep, dark ocean world. We will create our own deep sea creatures, and do cool experiments with things that float (or don't!), water pressure and underwater 'volcanoes' Join Anna from Science Explorers on this fascinating journey to the deepest part of our oceans!

Date/Time: Tuesday | February 28 | 7:00 - 8:15 pm

Location: South View Middle School, Room 201 (enter door #1) | 4725 South View Lane, Edina

Cost: \$10 | checks payable to **ISD 271**

Register by: February 14 | minimum 6, maximum 16



HEALTHY RELATIONSHIPS: MORE THAN WHAT TV SAYS!

Are you interested in dating now or someday? Let's talk about realistic expectations in personal relationships. We'll look at some examples from TV and discuss what is healthy or unhealthy about those relationships, and more.

You will come out of this class better equipped to identify what you want in a relationship and what to say to friends that may be in an unhealthy relationship. Led by a presenter from myHealth.

Date/Time: Tuesday | March 7 | 7:00 - 8:30 pm

Location: Metro South/Bloomington Community Ed, room 237 | 2575 W. 88th Street, Bloomington

Cost: \$10 | checks payable to **ISD 271**

Register by: February 21 | minimum 6, maximum 20





MINUTE TO WIN IT: FOOD SHELF COLLECTION - 5TH ANNUAL

Let's have fun and provide food for hungry people! Bring one or more cans of food or new grocery items to class – see list below for suggestions. We'll create mazes with the cans and boxes then see who is able to move ping-pong balls along them the fastest, along with other games. We'll have team and individual events, and everyone gets prizes! The cans and boxes of groceries will be donated to the VEAP Food Shelf. Last year we collected 55 pounds of food to donate – can we top that this year?

Most needed items: Canned Tuna, Canned Chicken, Canned Beef Stew, Canned Chili, Toothpaste, Cereal, Canned Fruit, Canned Soups; plus paper grocery bags (call Janet if you have questions, 952-681-6121).

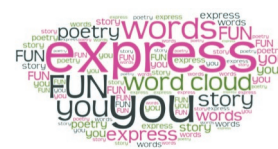
Date/Time: Monday | March 20 | 7:00 - 8:15 pm
Location: Washburn Elementary School, Lunchroom
 8401 Xerxes Avenue South, Bloomington
Cost: \$5 | checks payable to **ISD 271**
Register by: March 6 | minimum 6, maximum 25



WACKY WORDS

Come have a blast with words and stories – and you don't have to be a great speller or reader. We'll create crazy stories, do Mad-Libs, try a little poetry, share some jokes and have a great time using words to express ourselves! Plus let's see if we can make some Word-Cloud art together!

Date/Time: Thursday | March 30 | 7:00 - 8:15 pm
Location: Jefferson High School, Media Center | 4001 W. 102nd St., Bloomington
Cost: \$10 | checks payable to **ISD 271**
Register by: March 16 | minimum 6, maximum 16



SHOOTING POOL

Have a blast learning the basics of shooting pool or practicing what you already know! This class shows you the basics and will give you time to play several games with other class members and volunteers from the Pool Room.

Date/Time: Monday | March 27 | 7:00 - 8:15 pm
Location: Edina Senior Center | 5280 Grandview Square, Edina
Cost: \$8 | checks payable to **ISD 271**
Register by: March 13 | minimum 6, maximum 12



CHAIR YOGA AND RELAXATION

Come stretch, breathe, feel more energized, but relaxed! It's the magic of yoga. We'll do poses and relaxation exercises seated in a chair – no laying on the ground, no mats. As with all exercise classes, if you have any health issues, check with a doctor first.

Dates/Time: Tuesdays | January 17 | February 7 | March 14 | 7:00 - 8:00 pm
Location: Fraser Sheridan Court Commons Room | 2500 W. 66th Street, Richfield
Cost: All three classes for only \$14 | checks payable to **ISD 271**
Register by: January 6 | minimum 6, maximum 12



Arts & Crafts



"HAVE A HEART" DOOR HANGER

Make this darling decoration with a miniature wooden hoop, fabric and decorations that you choose. Great to hang on your door or wall for Valentine's Day as well as any day that you want to celebrate 'having a heart!'

Date/Time: Tuesday | January 31 | 7:00 - 8:00 pm
Location: South View Middle School, Room 201 (enter door #1)
 4725 South View Lane, Edina
Cost: \$12 | checks payable to **ISD 271**
Register by: January 17 | minimum 6, maximum 15



BEAUTIFUL BEADED BRACELET

Come make your one-of-a-kind bracelet by stringing beads on memory wire. You get to choose your beads at class to craft this fabulous fashion accessory!

Date/Time: Thursday | March 2 | 7:00 - 8:00 pm
Location: Artistry at the Bloomington Civic Center | 1800 Old Shakopee Rd., Bloomington
Cost: \$14 | checks payable to **ISD 271**
Register by: February 16 | minimum 6, maximum 16



BIRTHDAY CARD STAMPING AND MORE!

Make four greeting cards with rubber stamping techniques and designer paper for birthdays and other occasions. Bonus opportunity: Stamp a gift bag to carry home your cards; re-use the gift bag when you give a present.

Date/Time: Tuesday | March 28 | 7:00 - 8:15 pm
Location: South View Middle School, Room 201 (enter door #1) | 4725 South View Lane, Edina
Cost: \$12 | checks payable to **ISD 271**
Register by: March 14 | minimum 6, maximum 16



Cooking Classes



DINING CLUB

Do you love to help make food then eat it?! Dining Club is for all ability levels of learners who can follow safety instructions. Staff/volunteer to participant ratio is approximately 1:3; group home staff are expected to stay and assist. The focus is preparing food together and socializing while eating and washing dishes together. Bring containers for potential leftovers and take home the written recipe!

TRAIL riders: Only ONE Thursday cooking class has TRAIL. Usually it is the second Thursday class of a pair of classes. See registration form to verify that your choice offers TRAIL.

Time: Dining Club classes meet from 7:00 pm - 8:30 pm
Location: Kennedy High School; Cooking Lab C103 | 9701 Nicollet Ave. So., Bloomington
Cost: \$15 per class | checks payable to **ISD 271**
Register by: Two weeks before class | minimum 6, maximum 15 (Hurry, these fill fast!)



Primo Pizza!

Thursday, Jan 19 or Thursday, Jan 26 (TRAIL)

Celebrate the New Year by creating personal-sized pizzas with luscious crust and your choice of toppings. Top off the meal with a yummy salad for a first-rate deal.

Easy Chicken Parmesan

Thursday, Feb 16 or Thursday, Feb 23 (TRAIL)

Make this chicken breast coated with crispy crumbs and Parmesan cheese - sooo tasty! Pair it with a Caesar salad and you have an Italian-inspired classic.

'Egg'ceptional Egg Bake

Thursday, Mar 16 or Thursday, Mar 23 (TRAIL)

This fabulous egg bake made with hash browns and sour cream is the perfect Spring Brunch favorite!

Specific Group Programs

Looking for more Special Group Programs coming in the Spring/Summer Catalog!

Looking for other classes with people who share your interests? You might like:

Healthy Relationships: More than what TV says! | see page 12

Overcoming Disappointment | see page 12

Wacky Words | see page 13

IMPORTANT LEARNING EXCHANGE REGISTRATION INFORMATION!

Learning Exchange classes are customized to meet the needs of adults with developmental or cognitive disabilities, ages 18 and older.

Registration and Payment: Pre-registration and pre-payment is required for all classes. Walk-in participants are not allowed.

Supervision: Participants requiring personal assistance for physical and/or behavioral issues must be accompanied by a caregiver.

Medication and Seizures: Instructors and staff are not licensed to administer medications. If medications are required during a class, a caregiver must attend to administer the medication. A caregiver must accompany participants with active seizure disorders. Contact Janet Clarke if questions: 952-681-6121.

Three or more people registering from the same address/residential provider:

A care provider should attend the class to assist the participants.

Register on-line with a credit card or link to your checking account:

br.thatscommunityed.com Or mail in this form with payment to:

ISD 271 - Learning Exchange, 2575 W. 88th Street, Bloomington, MN 55431

Note: Checks MUST be made payable to ISD 271 or they will be returned. Thanks!

Learning Exchange Registration Form

Participant Name	Home Phone	E-mail	Age
Address	Apt. #	City	Zip Code
Birth Date			
Staff will attend: Yes ___ No ___ Allergies/Medical Concerns:			
Parent/Guardian	Home Phone	Cell/Work Phone	E-mail
Emergency Contact	Phone/s	Relationship	

THE DATA PRACTICES ACT requires that we inform you of your rights about the private data we are requesting on this form. Private data is available to you, but not to the public. This information can be shared with the Recreation and Learning Exchange staff of the Cities and School Districts of Bloomington, Edina, Eden Prairie, Richfield and TRAIL. You can withhold this data, but we may not be able to complete your registration and/or you may not receive updated program information. Your signature on this form indicates you understand these rights.

WAIVER: I, the undersigned, understand that my participation in this activity or program is completely voluntary and that the activity or program being offered is for the benefit of the participant. The City or School District shall not be liable for any claims, injuries, or damages, of whatever nature, incurred by the participant which are directly or indirectly attributable to the negligence, whether passive or active, of the City or School District, its agents or employees, arising out of, or in connection with, the activity or program. On behalf of the participant and myself, I expressly release and discharge the City or School District, its agents or employees from any such claims, injuries, or damages.

WAIVER: I understand and agree that Adaptive Recreation and Learning Exchange may use my photo image for publicity purposes.

Participant or Parent/Guardian Signature

Date

TRAIL Riders please check TRAIL Box

Class ID Cost TRAIL

Personal Leisure & Healthy Lifestyles

- | | | | | |
|--------|---|--------------------------|------|--------------------------|
| LE153W | Overcoming Disappointment, Feb 2 | <input type="checkbox"/> | \$10 | <input type="checkbox"/> |
| LE154W | Culture Club: Amazing Greece, Feb 9 | <input type="checkbox"/> | \$12 | <input type="checkbox"/> |
| LE155W | Karaoke & Dance: Beat Winter Blues, Feb 26 | <input type="checkbox"/> | \$12 | <input type="checkbox"/> |
| LE156W | Oceans Where Dory Lived!, Feb 28 | <input type="checkbox"/> | \$10 | <input type="checkbox"/> |
| LE157W | Healthy Releationships: More than TV, Mar 7 | <input type="checkbox"/> | \$10 | <input type="checkbox"/> |
| LE96W | Minute to Win It: Food Shelf Collection, Mar 20 | <input type="checkbox"/> | \$ 5 | <input type="checkbox"/> |
| LE164W | Wacky Words!, Mar 30 | <input type="checkbox"/> | \$10 | <input type="checkbox"/> |
| LE16W | Shooting Pool, Mar 27 | <input type="checkbox"/> | \$ 8 | <input type="checkbox"/> |
| LE11W | Chair Yoga and Relaxation | | | |
| | Tuesdays: Jan 17, Feb 7, Mar 14 | <input type="checkbox"/> | \$14 | |

Arts & Crafts

- | | | | | |
|--------|---|--------------------------|------|--------------------------|
| LE158W | "Have a Heart" door hanger, Jan 31 | <input type="checkbox"/> | \$12 | <input type="checkbox"/> |
| LE159W | Beautiful Beaded Bracelet, Mar 2 | <input type="checkbox"/> | \$14 | <input type="checkbox"/> |
| LE160W | Birthday Card Stamping & More, Mar 28 | <input type="checkbox"/> | \$12 | <input type="checkbox"/> |

Class ID Cost TRAIL

Cooking Classes

Dining Club Note: TRAIL only available on some Thursdays. TRAIL Riders should make sure the class you select has TRAIL available.

Primo Pizza

- | | | | | |
|----------|---------------------|--------------------------|------|--------------------------|
| LE161W-A | Thurs, Jan 19 | <input type="checkbox"/> | \$15 | |
| LE161W-B | Thurs, Jan 26 | <input type="checkbox"/> | \$15 | <input type="checkbox"/> |

Easy Chicken Parmesan

- | | | | | |
|----------|---------------------|--------------------------|------|--------------------------|
| LE162W-A | Thurs, Feb 16 | <input type="checkbox"/> | \$15 | |
| LE162W-B | Thurs, Feb 23 | <input type="checkbox"/> | \$15 | <input type="checkbox"/> |

'Egg'ceptional Egg Bake

- | | | | | |
|----------|---------------------|--------------------------|------|--------------------------|
| LE163W-A | Thurs, Mar 16 | <input type="checkbox"/> | \$15 | |
| LE163W-B | Thurs, Mar 23 | <input type="checkbox"/> | \$15 | <input type="checkbox"/> |

Mail complete form to: ISD 271/Learning Exchange
2575 W 88th Street
Bloomington, MN 55431

Checks MUST be made payable to ISD 271 or they will be returned.

TOTAL FEE(S) PAID: \$ _____ ☐ Check/Money Order Payable to: **ISD 271**

Credit Card: ☐ Visa ☐ MasterCard ☐ Discover

Number _____ Exp. Date _____

By signing above, I authorize my Credit Card to be charged

Date _____



The Adaptive Recreation & Learning Exchange
1800 W. Old Shakopee Road
Bloomington MN 55431-3096

Movies & Munchies Combined with Dance Your Socks Off!

Friday | January 6 | 7:00 to 9:00 pm

Dance details on page 5.

*Sing &
Dance
with the
movie
"Grease"*



*Refreshments
will be
served!!*

Watch for the AR&LE Spring & Summer 2017 Catalog the week of February 13th!